

Goreword

It is with great honor and enthusiasm that I write the foreword for Healing With Poetry, a remarkable anthology curated by our esteemed chief editor and featuring 200 poignant poems. This compilation is a testimony to the profound impact that poetry can have on our emotional and psychological well-being.



In anera marked by extraordinary challenges and rapid change, the healing power of poetry offers a unique and necessary relief. Through the verses of these talented poets, we find a sanctuary where words provide tranquillity and understanding, bridging the gap between individual struggles and collective healing.

The Academy of Language Studies is committed to fostering a deeper appreciation for the literary arts and their therapeutic potential. This anthology embodies our mission, showcasing the talent and creativity within our community and beyond. Let us celebrate the success of the VOS III compilation.

I extend my deepest gratitude to all the poets who contributed their work to this collection, to the dedicated editorial team, and to everyone involved in bringing this project to fruition. Your collective efforts have created a work of enduring value and beauty.

May Healing With Poetry inspire, console, and uplift all who read it, reinforcing the timeless truth that through the power of words, we can find healing and hope.

Sincerely,

Azlan Abdul Rahman

Head of the Academy of Language Studies

Preface

It is with great pleasure and pride that I present to you Voice of The Soul Volume III: A poetry compilation with the theme of Healing With Poetry. This volume is a testament to the power of words to heal, comfort, and transform. The 200 poems contained within these pages are diverse in theme and style, yet they are united by a common purpose which is to offer relief and insight during times of struggle and to celebrate the flexibility of the human spirit.



As the chief editor, I have had the honour of curating and refining these works, ensuring that each poem resonates with the theme of healing. This journey has been a deeply enriching experience, allowing me to witness the myriad ways in which poets can articulate pain, joy, hope, and recovery. Each contributor has poured their heart and soul into their verses, creating a tapestry of emotions and reflections that will undoubtedly touch every reader.

This compilation would not have been possible without the unwavering support and collaboration of many individuals. I extend my heartfelt gratitude to our dedicated team of editors, who meticulously reviewed each submission, and to the poets whose bravery and creativity have brought this project to life. Special thanks are also due to our publishing team for their hard work in bringing this volume to fruition.

Healing With Poetry is more than just a collection of poems; it is a journey through the human experience, offering a beacon of light for those navigating the darker times. It is my hope that these poems will provide you with the same comfort and inspiration that they have given me.

Thank you for joining us on this journey of healing and self-discovery.

Warm regards, Editor- in - Chief **Sharina Sa'ad**

Acknowledgement

The production of this poetry compilation, Healing With Poetry, has been a collaborative journey filled with inspiration, support, and dedication. I would like to extend my heartfelt gratitude to everyone who has contributed to bringing this project to life.

First and foremost, I thank all the poets who shared their heartfelt words and personal experiences. Your courage and creativity have provided the essence of this collection, transforming pain and healing into powerful verses. I would also like to acknowledge the contributions of the editorial team. Your meticulous attention to detail and dedication to excellence have ensured the highest quality for this collection. Thank you for your hard work and commitment.

To the designers and artists, your creative talents have given this compilation a visual identity that complements and enhances the written word. Thank you for bringing the poetry to life through your beautiful designs.

Lastly, I extend my gratitude to all readers. Your engagement with this collection and your appreciation of the healing power of poetry give purpose to this work. May these poems bring solace, reflection, and inspiration to all who read them.

Voice of The Soul Volume III: A compilation of Poems is published today because of you. Congratulations and Thank You, everyone.

Chief Editor

Sharina Sa'ad

"Poetry is a healing balm for the soul, a way to weave our pain and joy into words that speak to our deepest selves."

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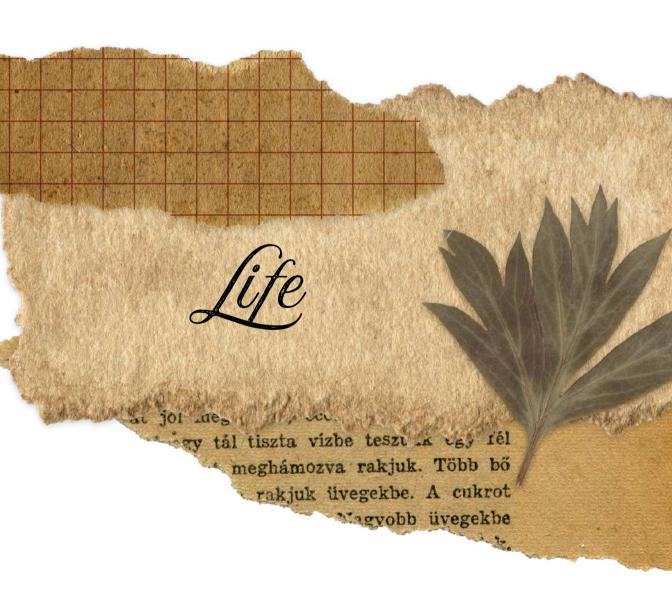
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SUARA KEMANUSIAAN : PERITNYA SEBUAH KEHILANGAN

Oleh : Amanina Binti Mat Ghani & Bazilah Binti Mat Ghani

Kita melihat anak- anak kecil dimamah bom kita melihat ibu ayah dibunuh kejam kita melihat sengsara dan derita mereka tapi kita hanya sekadar MELIHAT! kita takkan pernah merasa sakitnya dilupakan kita takkan pernah merasa sulitnya ditinggalkan kita takkan pernah merasa sukarnya disingkirkan kerana kita hanya mampu menatap semuanya daripada kiriman foto dan video!

Mereka saban hari menangis, meratap dan mengemis mengharapkan suara mereka didengari mengharapkan serangan demi serangan segera dihentikan mengharapkan dunia bersatu bersuara bersama agar negara mereka membugar kembali.

Namun suara kemanusiaan itu telah lama hilang Ya, kita bersuara! tapi suara kita tidak sejagat suara kita lantang berteriak tapi tangan kita diikat!

Malang nasib mereka di bumi Palestin malang lagi nasib kita yang masih mampu terlelap! mereka berjuang hampir setiap detik, setiap saat demi mempertahankan agama dan kedaulatan negara mereka.



Sedang kita hanya berteriak, berarak dan pulang dengan selamat.

Suara kemanusiaan tidak lagi keramat sekutu Zionis juga bersuara lagaknya seolah-olah mengalun suara kemanusiaan tapi intinya penuh kepura-puraan.

Namun, di sebalik hilangnya suara kemanusiaan...

Kita teruskan berdoa akan kesejahteraan buat mereka yang ditindas kedaulatan kita teruskan keyakinan agar kemenangan mereka akan tiba walau suara kemanusiaan itu telah hilang kerana kemenangan itu telah dijanjikan dalam Al-Quran oleh Ya Rahman.



Translation

Suara Kemanusiaan: Peritnya Sebuah Kehilangan

Voice of Humanity: The Pain of a Loss

We witness little children being engulfed by bombs we witness parents being brutally murdered we witness their suffering and agony but we merely LOOK! we will never feel the pain of being forgotten we will never feel the difficulty of being abandoned we will never feel the hardship of being displaced because we can only stare at all of that through photos and videos!

Every day, they cry, mourn, and plead hoping their voices will be heard hoping attack after attack will cease immediately hoping the world will unite and speak together so their country can revive.

But the voice of humanity has long been lost yes, we speak out! but our voices aren't universal our voices loudly scream, but our hands are tied!



Their fate is tragic in the land of Palestine yet, unfortunate is our fate as we remain undisturbed! they fight almost every second, every moment for their religion and the sovereignty of their nation while we only shout, march, and return safely.

The sanctity of the voice of humanity is no more Even the Zionist allies speak out It seems as if they echo the voice of humanity But in essence, it's full of pretense Yet, behind the loss of the voice of humanity...

Let us continue to pray for well-being
For those oppressed in their sovereignty
Let us maintain faith that their victory will come
Even though the voice of humanity is lost
Because victory has been promised
In the Quran by the Most Merciful.



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